### **OBAMA BLASTS McCAIN OVER SMEARS, PG 8**





**Celebrity** Pg 14

**OK** with

#### Real rodeo blowout for Calgary

**EVENT** The Canadian Rodeo Tour Championship went out with a big bang this weekend and for a first time event in Calgary it was pretty good, say organ-

Spokesperson Doug Fraser said just over 8,500 people came out for the wild rodeo event.

"For the inaugural event, we didn't really know what to expect, SO

we're pretty happy with the numbers," he said.

"There were a lot of families, but this is a real rodeo and there were a lot of rodeo fans, too."

**Going Green** pg 9

Humans put in their place

**METRO CALGARY** 

# Running for the cure

## Survivor's battle shared with family

KRISTA SYLVESTER krista.sylvester@metronews.ca

**Beating breast cancer not** once, but twice, this survivor defied the odds a third time when doctors said she couldn't have any more kids — instead she had twins.

Kelly Kirsch won her battles and was front and centre with her family yesterday walking in the CIBC Run for The Cure.

"It was really touching to cross the finish line and

"It was really touching to cross the finish line and look back and see all those people walking and running behind us."

Kelly Kirsch, cancer survivor

cancer free for six months

look back and see all those people walking and running behind us," Kirsch said after the one-kilometre walk.

When Kirsch first found out she had breast cancer she was 35 years old and seven months pregnant with her second child. After a year of treatment she was

when the cancer came back in her other breast and she was told she couldn't have any more kids, but she again survived.

"The big surprise came when I found out I was pregnant with twins. It was a big shock for us," she said.

"It's never far from my mind that it could come

back again a third time. You just never know," she said, adding she has been cancer free for six years now.

Kirsch and her family were just one of over 12,000 people walking and running in yesterday's fundraiser for breast cancer.

Volunteer co-run director Nadine Tratch said the response was overwhelmingly positive and about \$1.9 million was raised.

"It's really great to see the community come together and they really get involved," she said.

#### **Proposed** tax hike creeps higher

NEIL MACKINNON neil.mackinnon@metronews.ca

Calgary's possible property tax woes just keep on mounting.

A month ago, Metro reported Calgarians would likely face a 10 per cent property tax hike and now Ald. Andre Chabot said it has ballooned to 12 per cent.

Chabot, who took a preliminary look at the threeyear budget that will come to council in November, said he can't envision supporting an increase, which

would take an addition"It's ugly, on top of really \$1,080.76 from the average payer.

ugly." tax- Ald. Andre

Chabot

"It's ugly, really ugly," said Chabot. "City administration is absolutely overtaxed with the amount of frivolous work we're throwing at them, we can't find enough people to hire, we're paying millions in overtime and we're going to see all of that come home to roost here soon."

Canadian Taxpayers Federation's Scott Hennig wasn't surprised and noted council's unwillingness to adhere to normal budgetary processes by approving \$25 million early for 201 new police officers over the next three years.

"For the average Calgarian it means they're going to have to reduce the amount they spend on food, clothing and shelter and other goods, there's no other way around it," he said.



From left, Emily, 6, Cassidy, 10, and Haley, 8, all gather round mom Kelly Kirsch, a two-time cancer survivor who participated in the CIBC Run for the Cure at Southcentre Mall yesterday.

#### HineSight pg 13



#### Complaining good for you

#### **Election 2008** pg 6

- AdVentures in online campaigning: Mike Tennant
- Sex and politics do mix
- Tories plot counter-attack

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Bank note images used and altered with permission of the © Bank of Canada.

metro

A man was rushed to hospital in life-threatening condition yesterday after he was crushed by a forklift in the Foothills Industrial area. The man, who is in his 40s, sustained serious head injuries in the incident. METRO NEWS SERVICES

# Local



#### **Notorious C.H.O.**

Funnywoman Margaret Cho is bringing her Beautiful comedy tour to the Jubilee Auditorium Thursday night at 7:30 p.m. The show was originally scheduled for Tuesday, but has been moved. Tickets are available at all Ticketmaster locations. **METRO NEWS SERVICES** 



#### City looks at fine for not carrying bags

**DOGS** Don't leave home without it.

While Calgary already has a bylaw forcing people to pick up their animals' feces while off of their own property, on Wednesday the city's community and protective services committee will look into forcing pet owners to carry something to scoop it up when they leave their yards or face a \$75 fine.

Bylaw boss Bill Bruce said he'd accept anything.

"If they've got nothing on them to pick it up, it's pretty clear they have no intention of doing so," said Bruce, adding the new fine would likely be added to an existing \$250 fine.

Ald. Bob Hawkesworth thinks that, like most bylaws, it will breed compliance in what he views as a minority of dog owners.

"It's a nuisance, but in my experience, it's not this massive, wide-spread problem," he said.

**NEIL MACKINNON / METRO CALGARY** 

# Teach city's taggers: Artist

NEIL MACKINNON neil.mackinnon@metronews.ca

#### **David Brunning can think** of hundreds of better ways to spend \$1 million.

Brunning, a Calgarybased graffiti artist who has painted murals on over a dozen Calgary business walls, said a motion by Ald. John Mar asking for \$1 million to wipe out graffiti could be better spent educating young taggers to turn idle vandalism into an actual art form.

"Let's teach them to throw up some life-giving, purposeful, positive message murals," Brunning

Mar, who didn't want to lump actual artists with vandals, said he'd be open to looking into opening up some space for proper graffiti murals as long as they weren't pornographic or racially divisive.

But, Mar said, the thoughtless name scribbles or gang symbols running rampant in the city



Local graffiti artist David Brunning says the city should look at educating local taggers instead of spending \$1 million trying to crack down on them.

detracts from an overall sense of safety by spurring crime — and it has to stop.

"We want to proactively go after this problem," Mar said. "A lot of what we're seeing is vandalism, a criminal offence,

we're not going to tolerate it anymore."

Tele Asencio, an art gallery owner and former graffiti artist who has had his business tagged on several occasions, supports Brunning's ideas.

"The graffiti in Calgary, for the most part sucks,' he said. "But if the city came up with a program to help hone the skills of these kids ... it could help revitalize Calgary's cul-

#### City hikes golf course rates

**SPORTS** Expect to pay more to hit the links next summer. The city expects to drive \$393,132 into their coffers with rate hikes at all Calgary golf courses next year, the community and protective services committee will hear Wednesday.

While a seven-day adult pass will rise \$77, the green fees at most cityowned golf courses will cost at least a dollar more per round. METRO CALGARY

#### metrenews.ca What's online today.

Watch the opposition grill Stephen Harper as a poll shows Tory support hitting a campaign low at metronews.ca/canada **Check** movie showtimes, trailers and reviews

#### Lotteries

Friday,Oct. 3

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Lotto 6/49 12, 19, 23, 25, 36 & 46. Bonus 2. These results are not official.

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Website wants youth to 'Pledge to Vote'

A Calgary-based website is targeting young voters across the nation, trying to increase the percentage of voters between 18-24. Featuring a 'Pledge to Vote' campaign, the site, www.yvote.org, encourages youth to sign an online petition affirming they will vote Oct. 14. METRO CALGARY

#### Election 2008 🖐

cbc.ca

#### Riding profile: Calgary-Nose Hill

Calgary's second most populated and third-richest riding, it's a community where small business runs the economic show and the average family income is

Nearly one in three are recent immigrants, and more than 35 per cent of the population over 25 have graduated from a post-secondary institution.

A Conservative has never won Calgary Nose-Hill by less than 13,000 votes.



**Diane Ablonczy Party: Conservative Age: 59** Incumbent: Since 1993
Occupation: House of Commons MP Quote: "I believe it's my civic duty to be active and involved in the political process to ensure continued transparency, accountability, honour

and integrity within the system."



Stephanie Sundberg **Party: NDP** Age: 22 **Occupation: Student/city shuttle bus** driver

Quote: "It's going to take a lot of oneon-one time with people so they can see that there are options other than Conservative in this province. We've

got a long way to go, but you just need to get out there and be willing to listen to people and hear what they want to see."



Liberal **Anoush Newman** Party: Liberal Age: 54 Occupation: Executive director, Calgary Multicultural Centre Quote: "Sure, it's challenging, but what's life without challenging and I rise to it. It's time Calgary had some more diverse representation, some more progressive thinking in Ottawa."



following Dragons' Den at 8

**CBC** 

Tony Hajj green 🕷 **Party: Green** Age: 31 **Occupation: Civil engineer** Quote: "Everyone I've talked to wants the Conservatives to be more visible. They get their pamphlets and see the signs, but have yet to talk to a real person, which is good for us, I

guess, because we're out there every day.'



metro

Police now say that an alleged attack on a 20-year-old woman in Edson, Alta., just three days after a 14-year-old girl was slain, never happened. The town had been in a virtual lockdown after the alleged attack. Police said they do not plan to lay public mischief charges. CBC NEWS ONLINE

# kind and has never been tried before." Krishna Aryal, an official of Explore Himalaya, the agency that organized the first-ever Everest skydive.

"This is the first of its



Canadian Neil Jones, made the first-ever parachute jump over **Mount Everest yesterday,** organizers and participants



Nathan Fry's mother, Joanne, left, and his brother, Brandon, leave B.C. Supreme Court in Vancouver, yesterday.

#### Fry guilty on five counts of murder

COURT The man accused of window. His mother, three setting a house fire that killed a Vancouver family and a friend as they slept

has been convicted on five counts of Appeal first-degree murder.

Nathan Fry, 20, • Nathan Fry's also found defence be eligible for parole appeal. for 25 years.

**News** in brief

The jury heard how Bolingo Etibako, then 16, woke to find his house on fire and jumped out a second-storey

**HEALTH** A report released today

by the Ontario Health Coalition

alleges it found evidence to sus-

the Canada Health Act in private clinics in five provinces.

pect 89 possible violations of

vounger siblings and girlfriend died.

Fry maintained his innocence, saying he was ripping off grow-ops that night.

But a videotape played in court guilty of attempted lawyer has 30 showed Fry admitmurder and won't days to file an ting to an undercover cop, who Fry thought was an or-

> ganized crime boss, that he set the fire, providing detailed information about the crime. METRO CANADA

CBC New Online reports. The man is in stable condition, po-

lice said.

## Plants not required to report listeriosis

Maple Leaf outbreak started claiming lives, Canada's food safety agency quietly dropped its rule requiring meat-processing companies to alert the agency about listeria-tainted meat, a Torstar News Service/CBC investigation has found.

result of the outbreak and federal meat inspectors and their union say this rule change likely made the country's listeria outbreak far worse than it had to be.

Bob Kingston, head of the Food

• Before April 1, if a company preparing meat for sale to the public had a positive test

showing listeria it "would

have had to have been, not

Agency (CFIA) inspectors, and four veteran inspectors interviewed for this story fear the rule change, part of the deregulation of Canada's food safety net, continues to pose a serious threat to public health.

The CFIA confirmed that there is no onus on companies to alert inspectors about positive test results.

only brought to the (federal) inspector's attention, but the inspector would have been involved in overseeing the cleanup," says Bob Kingston.

"If I walk in as an inspector, the plant doesn't come up to me and say we had positive tests today," said Tom Graham, the agency's national inspection manager. But he says the reporting rule will likely be reinstated as a result of the current federal investigation into the Maple Leaf outbreak.

TORSTAR NEWS SERVICE

#### **Soldier injured in** roadside blast

**AFGHANISTAN** A Canadian soldier was injured yesterday when a roadside bomb exploded near an armoured vehicle in Afghanistan, CBC News Online reports.

The soldier, whose name was not released, was flown to the multinational medical facility at Kandahar Airfield, where he is in serious but stable condition.

#### **Girl found hours** after amber alert

**ABDUCTED** An amber alert was issued yesterday after Anastasia Marie Whetton was abducted from a north-end Edmonton playground. The girl was found, apparently unharmed, in a town east of the city several hours METRO NEWS SERVICES

# Four months before the The old rules

Twenty people died as a

union that represents Cana-Inspection

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**HALIFAX** A mistakenly released prisoner turned himself in to police Friday and the justice minister blames the incident on Specializing in:

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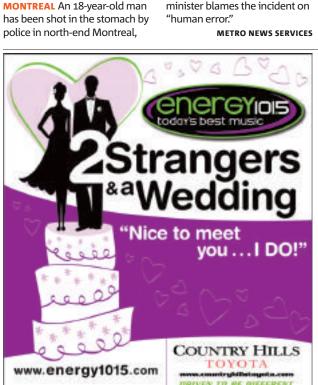
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Sweater fever is catching. First it was Stephen Harper who donned a baby blue sweater in the campaign's early days in a bid to look more relaxed. Now, Stéphane Dion adopted the look, too, with a burgundy sweater during a swing through New Brunswick and P.E.I. Saturday. TORSTAR NEWS SERVICE

#### **Election 2008**



#### Campaign

#### Cops investigate vandalism

TORONTO Bizarre and dangerous acts of vandalism have spread into another federal riding in the Greater Toronto Area, with 12 new incidents reported yesterday in Toronto Parkdale-High Park.

The latest come on the heels of 14 similar acts of vandalism in the Toronto St. Paul's riding, reported to police Saturday.

Toronto police yesterday continued to investigate the acts of vandalism, which include the cutting of brake lines, phone and cable lines as well as graffiti defacing homes and garages. The 26 incidents are likely connected and may have been done by one person since they are so similar in nature, Liberal party insiders suggest.

"There is this hatred thing that is so upsetting hatred of Liberals," said Liberal MP for St. Paul's Carolyn Bennett. "There's no other excuse for this in terms of this kind of intimi-

TORSTAR NEWS SERVICE

#### **News** in brief

**NORTH** Liberal Leader Stéphane Dion put northern issues in the spotlight yesterday, starting in Iqaluit, Nunavut, where he warned that military might alone is not enough to ensure Canada's hold on the Arctic and urged greater focus on northern residents and "aggressive diplomacy" to enforce its sovereignty.

**VOTES NDP Leader Jack Layton** is ramping up the rhetoric and his call for strategic voting to unseat Prime Minister Stephen Harper, or at least rob him of a majority. Layton said yesterday in Thunder Bay that Harper cares far more about corporate tax cuts than he does about people struggling to make ends meet or losing their jobs.

TORSTAR NEWS SERVICE

# What has an election ad done for you lately?

Mike

Tennant

Work Finish Him.

nents mocked: Let Laurier's

In 1964, rumours spread

that Republican nominee

Barry Goldwater was will-

ing — even eager — to use

nuclear weapons. Scoffers

converted his official slo-

gan You Know In Your

Heart He's Right to You

Know In Your Guts He's

Goldwater was also the

target of Daisy, a landmark

TV spot from Doyle Dane

o election ads make any difference? Å good test is to try to remember the last ad that made a significant splash during an election campaign: An ad notable because it backfired.

The 1993 TV ad by the (then) Progressive Conservatives appeared to make fun of Jean Chrétien's facial paralysis. Its double-dollop of schoolyard bully meanness made a bad campaign worse for Kim Campbell's Tories, who lost all but two of their 169 seats.

Positive ads rarely define a campaign. The one spectacular exception is the TV ad It's Morning Again in America, created by ad legend Hal Riney for Ronald Reagan's 1984 re-election campaign. Its irresistible aw-shucks Norman Rockwell Americana helped Reagan whup Walter Mondale by 16 million votes. But the ad's secret ingredient was Reagan himself: Voters believed that he believed the rosy view of

America, and they wanted a plateful of whatever he was having.

Campaign ads are effective in bolstering a leader's image and enhancing doubts about the bad guys. But like most ads, their effect is slow and gradual, like grains of sand filling an hourglass. And they can only work with impressions that already exist somewhere in the voter's mind.

Slogans once ruled election campaigns, but they, too, often backfired. In 1908, the Liberals cam-

paigned the slogan Let Lau-Finish His Work. Oppo-Jean

Bernbach (who had put the VW Beetle on the map with its fantastic Think Small Chrétien campaign), showing a little girl playing in a pasture as a loudspeaker counts

down to a nuclear blast.



campaigns happen: They simply divert attention with Neverland imagery of what a party wants you to

Campaigns are defined by gaffes, rumours and unguarded moments — inspiring and disastrous that shift the prevailing winds of public mood.

And the conversation is moving to the Internet through blogs, social networks and instant messag-

As I write this, a Google search of "Harper" and "election" yields some 98,000 blogs. A YouTube search of "Canada," "election" and "2008" produces more than 1,000 videos. That's where campaigning is headed.

You heard it here first.

Mike Tennant is a freelance ad writer and o-creator/writer of Terry O'Reilly and the Age of Persuasion on CBC Radio One.

"We're seeing a general

greying of party politics in

Canada, partly because the

Looking good on the campaign trail

**Conservatives** 

Stephen Harper

#### **Tories to launch** counter-attack

**STRATEGY** Accusing their political opponents of "fear-mongering on the economy" to win votes, the Conservatives will launch a major counter-attack in the last week of the campaign leading up to the Oct. 14 ballot.

"When you are not expected to win government, when you're Opposition leader, when you're down in the polls, you can spend time fearmongering on the economy and cheering for a recession for your own political gain," a senior Conservative strategist said during a conference call to provide reporters background on the week ahead.

"But when you're the prime minister, you actually have to be honest about the situation. To say that we're going to have serious problems in the banking sector when that is in fact not the case would be destabilizing to markets."

The official's comments appeared to elaborate on comments Prime Minister Stephen Harper made to reporters Saturday night as his tour returned to Ot-TORSTAR NEWS SERVICE



Watch Stephen Harper get hits a new low at metronews.ca/canada



days remain until the 2008 Canadian federal

## Young Liberals mix sex and politics

Don't tell the Young Liberals sex and politics don't mix. They sent promotional kits to 60 campuses this fall with posters, pins ... and condoms with the slogans Make Love Not A Conservative Government, Canvas Your Poll and Stand Up For Canada (ahem).

"Hey, we're young Liberals - we can do that," says Adam Miron, head of the 10,000-strong Young Liberals of Canada who, like all self-

"We're seeing a general greying of party politics in Canada, partly because the parties aren't doing a good enough job reaching out to young people."

Prof. Bill Cross

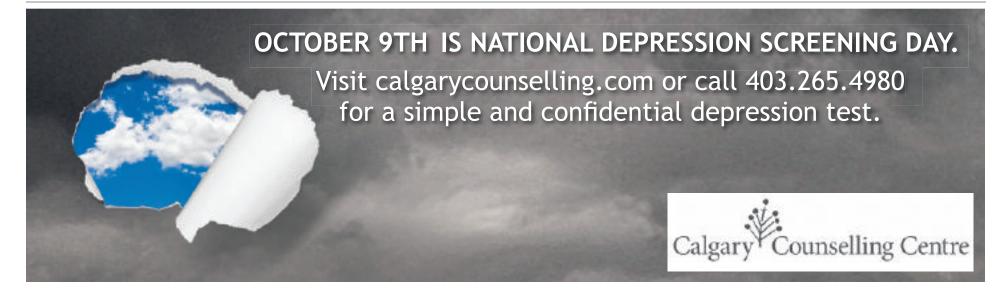
respecting techno-activists, also are using YouTube clips, Twitter campaigns and interactive websites to try to put their peers in an electoral

While the condoms were a hit it remains tough to stir the political hormones of young Canadians who are delaying voting later and lat-

parties aren't doing a good enough job reaching out to young people," says Carleton University political science professor Bill Cross of, co-author of a landmark study of 2,000 students that shows many don't see party politics as an effective way to make

change.

TORSTAR NEWS SERVICE



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Pope Benedict yesterday kicked off a seven-day, non-stop Bible-reading marathon on Italian television. The pope read for several minutes from the start of the Book of Genesis live from his apartments in the Vatican while other speakers read in the Basilica of Holy Cross in Rome. REUTERS

# World/Business

## **Obama fires back** over rival's 'smears'

Palin comment signals new McCain strategy

**Democrat Barack Obama** counterattacked yesterday against a new Republican tactic by saying rival John McCain was more interested in a smear campaign than fixing the U.S. economy.

With McCain losing ground in opinion polls, a campaign strategist was quoted as saying the Republican presidential candidate needed to "turn the page" on the economic issue and make the election about Obama's experience and character.

That effort started Saturday when Republican vicecandidate presidential Sarah Palin accused Obama

#### **Contributions questioned**

• The Republican Party yesterday said Democratic presidential candidate Barack Obama had not done enough to

of "palling around with terrorists" in reference to his acquaintance with Bill Ayers, a former member of the Vietnam War-era militant group Weather Undergroup

ground.

Obama responded at a rally attended by more than 20,000 people in Asheville, N.C., a swing state where the Democrat was busy preparing for his second debate with Mc-

screen out illegal campaign contributions and asked U.S. election officials to look into the matter.

Cain tomorrow.

"Senator McCain and his operatives are gambling that he can distract you with smears rather than talk to you about sub-Obama said. "They'd rather try to tear our campaign down than lift this country up.

"It's what you do when you're out of touch, out of ideas and running out of

#### Tradition Ready for Yom Kippur



Ultra-Orthodox Jewish boys in Jerusalem hold chickens during Kaparot ahead of Yom Kippur, which starts at sundown Wednesday. Kaparot is an ancient custom where white chickens are slaughtered as a symbolic gesture of atonement.

#### **News** in brief

**SIGNS** EU ceasefire monitors in Georgia reported the dismantling of a Russian checkpoint near breakaway South Ossetia yesterday, saying it was the "first open sign" of a promised Russian troop pullback by Oct. 10. Russia sent forces into Georgia to repel an offensive by Tbilisi to retake South Ossetia from pro-Moscow separatists.

**COURT** Amid a presidential race that may decide its future direction, the U.S. Supreme Court begins a new term today with cases about tobacco company lawsuits, protecting whales from Navy sonar and a government crackdown on dirty words on TV.

**WAR** Britain's commander in Afghanistan has said the war against the Taliban cannot be won, the Sunday Times reported. It quoted Brig. Mark Carleton-Smith as saying that if the Taliban were willing to talk, then that might be "precisely the sort of progress" needed to end the insurgency.

# **Are Migraine Headaches Disrupting Your Life?**

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#### **Business**

#### **Bank-sponsored venues face identity crisis**

Performance venues love blockbuster events, but not the kind that are currently affecting their naming-rights partners.

The takeovers of big banks like Washington Mutual (WaMu) and Wachovia are forcing venues with long-term naming-rights deals with these institutions to grapple with unex-

chalbranding lenges. Some even face the prospect of losing a partner at a time when replacing one lucrative naming-rights deal with another could be a difficult task at best.

The WaMu Theater at Madison Square Garden in New York, the WaMu Theater at Qwest Field in Seattle, the Wachovia Center

in Philadelphia and the Wachovia Arena in Wilkes-Barre, Pa., are among the venues being forced to deal with the fallout of the financial crisis.

Millions of dollars are spent positioning and branding arenas and theaters, so a name change creates unwanted headaches REUTERS

#### No melamine in milk: China

**SCANDAL** China said new tests had revealed no melamine in liquid milk on the home market.

Officials also said on Thursday the latest chemical tests had come back clean. More than 5,000 inspectors carried out round-the-clock scrutiny" at dairy factories. REUTERS

#### **Canadian airlines** hit turbulence

**AIRLINES** WestJet Airlines Ltd. said its passenger loads shrank last month to 75.5 per cent compared to 78.7 per cent a year earlier, as the economy weakened and its capacity increased.

Air Canada reported a higher load factor but it cut its capacity by nearly 7 per cent. REUTERS

#### **Business** in brief

MINING The number of junior mining companies will shrink as tight credit conditions and plunging commodity prices

force explorers to find deeppocketed partners or fall, an analyst told a Canadian mining conference on Saturday, REUTERS

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Publisher, Steve Shrout Managing Editor, Darren Krause darren.krause@metronews.ca Marketing Manager, Blaine Schlechter Distribution Manager, Dave Mak

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If one million people washed their clothes in cold water, we could eliminate approximately 250,000 tons of CO2 each year, according to The Live Earth: Global Warming Survival Handbook by David de Rothschild.

# Going Green

#### **Compost household waste**

nually, according to Greeniology: How to Live Well, Be Green and Make a Difference by Tanya Ha. Approximately 30 per cent of household waste is organic material, much of which could be

**METRO NEWS SERVICES** 

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

# Putting humans in their place

ndrew Weaver's recently published book, Keeping Our Cool: Canada in a Warming World, is an urgent call to action that some of the folks running for the privilege of leading us into the future seem to be ignor-

Weaver, a world-class climatologist who is putting the University of Victoria on the global map, was one of the lead authors on papers put out by the UN Intergovernmental Panel on Climate Change. In that role, he shared the Nobel Peace Prize last year with other panel members.

In the book, Weaver argues that if we are to stabilize atmospheric levels of Science **Matters** 

**David Suzuki &** Dr. Faisal Moola

carbon at a level that will not result in the climate going haywire, we must begin with massive reductions in greenhouse gas emissions now with a goal of totally eliminating our output of them. If we don't, 80 per cent of all species could become extinct! That's an astounding prediction, and if we think we'll somehow survive such a catastrophic

crisis, we should think again.

We've got to see the world as it really is - a complex interaction of air, water, land and living things, all interconnected and all interdependent.

We are rampaging across the planet, treating it as our plaything, as our source of raw materials, as our dumping ground for our waste and emissions. And then we whine like mad when reminded that we have to change and we have to pay for what we do. Why haven't we heard more about this perspective in the current election campaign?

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.





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#### Flames have no love for Oilers

To find out how the Calgary Flames feel about the Battle of Alberta after Friday's 4-3 pre-season win over the Edmonton Oilers go to metronews.ca/local. METRO NEWS SERVICES

# Sports



#### **Jankovic wins in Stuttgart**

top of the world rankings with an easy 6-4, 6-3 victory over Nadia Petrova in the Stuttgart Grand Prix final yesterday. Second seed Jankovic, who will replace Serena Williams as world No. 1 today, took advantage of regular errors from the unseeded Russian Petrova to clinch victory in 83 minutes.

# **CFL's wild West gets tighter**

**DAN TOTH** for Metro Calgary

#### The West has gotten a little wilder than the Calgary Stampeders would like.

Despite securing a Canadian Football League playoff spot for the fourth consecutive season, the Stamps blew an opportunity on the weekend to distance themselves from the pack in the tight West Division playoff race. While the goal is still to finish first and earn a bye to the West final, a three-way tie for top spot has made that quest a little more difficult.

"We had expectations to be in the playoffs, but we set the bar higher than that," said Stampeders quarterback Henry Burris, committed two turnovers in a 37-34 loss to Saskatchewan on



Saleem Rasheed, left, and the Calgary Stampeders were unable to stop the Saskatchewan Roughriders on Friday night.

weekend.

"We want to make sure we're shooting to be the best of the best and that's to have a first-round bye. That's what we're in a battle for right now and we can't hold back until we get that for ourselves."

The 9-5 Stamps woke up

this morning in a three-way tie with Saskatchewan and B.C. for first place in the West while Edmonton is just two points back of the pack.

A West final bye, a feat the Stamps haven't achieved since 2000, would provide the team with a

natical skill testing question before prize can be awarded

field advantage for a winner-take-all trip to the Grey Cup game.

The loss in Regina was even more shocking because the Stamps had won six of their last seven games while the Roughriders were on a three-game losing streak and were fielding a thin lineup due to injuries.

The surprising stumble casts doubt on whether the Stampeders are indeed the team to beat in the West this season, although Burris remains confident.

"There's never any doubt in our minds but when you're playing on the road against a very good team just as we feel we are anything can happen and turnovers can change the outcome of the game," Burris said.

"That's just how close the West is.'

#### Sports in brie

MLB Pat Burrell belted two of Philadelphia's four home runs, as the Phillies earned a trip to the National League Championship Series for the first time in 15 years with a 6-2 victory yesterday over the Milwaukee Brewers.

**GOLF** American Dustin Johnson birdied the last two holes to claim his first victory on the PGA Tour by beating Australian Robert Allen by one shot at the Turning Stone Resort Championship yesterday.

**NFL** Kansas City's Tony Gonzalez became the all-time leader in receiving yards by a tight end yesterday.

**METRO NEWS SERVICES** 

#### **SCOREBOARD**

AMERICAN LEAGUE DIVISIONAL SERIES PLAYOFFS REST OF FIVE L.A. Angels vs. Boston LAST NIGHT'S RESULT

L.A. Angels 5 Boston 4 (12 ings)
TONIGHT'S GAME L.A. Angels at Boston, 6:37 [Boston leads series 2-1]

Tampa Bay vs. Chicago W. Sox

YESTERDAY'S RESULT Chicago 5 Tampa Bay 3
TONIGHT'S GAME Tampa Bay at Chicago Sox, 3:07 (Tampa Bay leads series 2-1) NATIONAL LEAGUE **DIVISIONAL SERIES PLAYOFFS** 

BEST OF FIVE Chicago Cubs vs. L.A. Dodgers SATURDAY'S RESULT L.A. Dodgers 3 Chicago Cubs 1 (Dodgers win series 3-0)

Philadelphia vs. Milwauke SATURDAY'S RESULT Philadelphia 6 Milwaukee 2 (Philadelphia wins series 3-1)

x-CALGARY x-Saskatchewan 9

(x - clinched playoff spot) (y - clinched division title)

WEEK 15 B.C. 24 Toronto 20 Saskatchewan 37 CALGARY 34 SATURDAY'S RESULTS

#### Hamilton 44 Montreal 38

#### WEEK 5

YESTERDAY'S RESULTS Chicago 34 Detroit 7 Miami 17 San Diego 10 Atlanta 27 Green Bay 24 N.Y. Giants 44 Seattle 6 Tennessee 13 Baltimore 10 Indianapolis 31 Houston 27 Carolina 34 Kansas City 0 Washington 23 Philadelphia 17 Denver 16 Tampa Bay 13 Dallas 31 Cincinnati 22 Arizona 41 Buffalo 17 New England 30 San Francisco 21 Pittsburgh 26 Jacksonville 21

Minnesota at New Orleans, 6:30



Canada. Prize does not include airfare, transfers, taxes or hotel (cruise only). Winner must answer a math



Student leaders in Manitoba are upset after the University of Winnipeg was called a "no-fly zone" in an e-mail sent from Conservative campaign organizers, indicating party representatives would not attend the university's all-candidates forum. METRO NEWS SERVICES

# Workology



#### **UBC in NCAA?**

The University of British Columbia is in the final stages of deciding whether to apply for membership with the National Collegiate Athletic Association at the Division II level, and interest is growing among NCAA schools for UBC **METRO NEWS SERVICES** 

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

# The Iceman' MacNeil comet



t's a little known fact that two, not one, hockey-related stars have come out of Brantford, Ont.

You've probably seen one of them - his name is Wayne — work his magic. Less likely, you've watched Jimmy MacNeil and his icerelated skills.

For 20 years, 47-year-old MacNeil has been a certified ice technician. Most call him a Zamboni driver. (Olympia also makes ice resurfacers, but Zamboni is the name that's stuck.)

He rose to fame back in

1999 when the Zamboni Company went on the hunt for the Zamboni Driver of the Year. MacNeil triumphed in the Internet competition partly thanks to the support of factory staff at the Zamboni factory in Brantford. After winning his title, "The Iceman" Mac-Neil got a lot of exposure on TV and radio. He also drove a Zamboni across Canada in 2001 and raised \$1 million for the Canadian Hockey Association.

This was not his original career plan. He studied history at Sir Wilfred Laurier University in Waterloo, Ont., and planned to become a teacher. But after graduation, his father became ill and needed help with his mechanic busi-

At the time, Alex MacNeil was one of the few who could fix ice resurfacers. So

father and son kept busy visiting arenas in southern Ontario and the northern US. MacNeil wasn't the greatest apprentice mechanic, but he loved arenas.

"There's a certain aura about it. The cold, the smell of the popcorn and the hot dogs. If you want to meet a lot of happy people just having fun, just go to an ice rink," he says.

After five years of helping his dad, MacNeil got a job driving an ice resurfacer in a nearby township. He started taking courses to get certified and three years later started driving for the Brantford and District Civic

Although the kids at the rink today have no memory of The Iceman, they often ask for his autograph.

"There's something so unique and cool and fun about watching this mathat the players have made and in 10 minutes

was. It's such a fun thing to watch.

Canadian National Exhibition. She's now a writer and part-time journalism instructor

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The Competition is open from October 6th to October 26th, 2008. Go to www.metronews.ca/photochallenge to enter.

1 Canadian Finalist will win a Nikon D700 DSLR and a Nikon 24-70mm F2.8 Zoom Lens (valued at approx \$4,998).

'Interview with the winner and publication of the winner's photographs is optional. Terms and conditions available online. Metro Global Photo Challenge received 30,868 entries last year, making it one of the largest competitions in digital photography in the World. Open to non-professionals and professionals.

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Gossip Girl's new auv John Patrick Amedori is set to appear in four episodes of Gossip Girl (the first airs Oct. 27)

## as Aaron Rose, a new beau for Blake Lively's Serena van der Woodsen. PEOPLE.COM

#### Entertainment an upcoming movie, which will document Westwood's rise to

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

# COUNTDOWN - 2 DAYS LEFT! SO YOU THINK YOU CAN **TOP 20 GU** OCTOBER 8 - ONLY IN metr⊕ Wednesdays 8/7c

# DeGrassi rings bell

As DeGrassi: The Next Generation rolls into its eighth season, it's introducing, well, a next generation.

A fresh new class of brainy Grade 9 overachievers is among the changes coming this season (which premiered last night on CTV) on a series that continues to chronicle teen angst and channel it out to millions of acne-obsessed fans around the globe.

With seven seasons in the can, long-time execuproducer Linda Schuyler said the show's creative team "decided to stir up the school right from its very heart."
She said: "It's almost like

seven years is a generation. One of the things we were thinking about as we went out to plan our Season 8 was to bring new life into the school.

"I don't think there's been a year since the first season that we were so committed to such a big influx of younger students," Schuyler said of the deci-



Dalmar Abuzeid as Danny and Nina Dobrev as Mia in a scene from DeGrassi: The Next Generation.

sion to bring in nine new faces. The eighth season will also follow the tribulations of dorm life for three veteran cast members who've graduated to Smithdale College.

Another big change is the replacement of level-headed principal Mrs. Hatzilakos with a new guy, the Shep, a brash, football-loving jock whose disdain for

scholarly pursuits will put him at odds with the existing administration.

Producers are also working on a story arc that takes some of the cast members to Hollywood, where they'll  $\,$ hook up with two longtime DeGrassi fanatics, director/actor Kevin Smith and Jason Mewes (who've previously appeared on the series). Torstar news service

#### Bollywood strike hits end

Bollywood film and TV industry is over after executives agreed to implement better pay and working conditions for staff, imdb.com

**INDUSTRY** A strike in India's reports. Production on both movies and TV shows ground to a halt last week after thousands of technicians and actors walked out.

METRO NEWS SERVICES

#### In **brief**

**BOX OFFICE 1.** Beverly Hills Chihuahua, \$29 million US; 2. Eagle Eye, \$17.7 million; 3. Nick and Norah's Infinite Playlist, \$12 million; 4. Nights in Rodanthe, \$7.4 million; 5. Appaloosa, \$5 million. REUTERS



# 9

Former Will and Grace co-stars Megan Mullally and Sean Hayes are set to star in a spinoff of the hit comedy. The pair will reprise their roles in Karen and Jack, which is in development at NBC. METRO NEWS SERVICES

## TV debates face off

**ARGUING FOR DOLLARS: Sched**uling the English leaders' debate the same night that the U.S. vice-presidential candidates faced off might have been a dumb move, but it was a typically Canadian one, kind of like putting an Air Farce special up against the season finale of Lost, complaining that there was, of course, never a chance in hell of comparable ratings, and even taking perverse pride in the humiliation as a Canadian identity-building exercise.

You had to admire the Pollyannaish pluck of Steve Paikin, moderator of the Canadian debate, just before the credits began rolling, when he blurted out that "This was way better than Biden and Palin, I'm sure of it!" The funny thing was that he was kinda right.

The formats couldn't have been more different—a stately stand-up at dueling podiums that allowed candidates to state and re-state their positions and respond at length versus a roundtable pile-on that resembled the family dinner you're still trying to forget more than any co-

**IntelleVision** 



herent discussion.

Every candidate seemed to have gone in with some folksy catchphrase or gotcha punchline loaded and chambered: "You panicked!" "I call that the ultimate bridge to nowhere." "Laissez-faire, I don't care." "Joe Six-Pack, hockey moms." "I want my Canada back!" "Say it ain't so, Joe!" It was like they were competing to write gags for the inevitable Saturday Night Live or Rick Mercer parody to come, though the fact that SNL had theirs ready to air two days later is probably an endorsement of private versus publiclyfunded broadcasting.

Bloc Quebecois leader Gilles Duceppe had no real reason to be there except protocol, but his stinging observation that at least he wasn't under any illusion that he'd be prime minister one day — unlike the other three candidates not named Harper — was a welcome shaft of clarity.

Sarah Palin might not have deprived Tina Fey of any material to work with, but she blew past any idea that she's a lightweight on the campaign trail, and Joe Biden probably regretted his apparent decision not to risk coming off as a bully. By the end, though, I'd gotten bored with the U.S. debates as the candidates started to sound like tired fighters swinging blindly at each other, while the debates re-Canadian mained gripping — if horrifying — theatre right till the end.

The fact that I was able to watch both — viewing one live and TiVoing the other for later — instead of making a hard choice between the two did, however, make me long for the pre-VHS, 8-channel dawn-of-cable world of the '70s, a near-luddite nostalgia for which I was completely unprepared.

Rick McGinnis writes about music, movies, books and television, but not opera.

#### Complaining: A salve for sore times

'm a great believer in inspirational sayings. Little phrases that sum up what life's truly about and the attitude you want to bring to it. Like, "When life gives you lemons, break out the gin and tonic." Or "I'm worth it. At least once it goes on sale."

Until recently, I've lived life by one deeply truthful saying. "That which does not kill me, makes me whinier."

But now, I've seen the light. And it's purple.

I was flipping television channels on the kind of night when you realize that if you're watching Yugoslavian women's volleyball finals it means you're just too tired to go to bed. I came across one of those southern Baptist evangelical preaching shows. I love those shows. The world seems a simpler place when you take out all those confusing issues like choice and thinking.

Anyway, this minister was promoting a new purple bracelet campaign. He explained that what's wrong with the world isn't poverty, violence, injustice or not being able to take a deep breath twenty years



"Until recently, I've lived life by one deeply truthful saying. 'That which does not kill me, makes me whinier."

from now.

Apparently, what's wrong is that we all complain too much.

Complaints are bad. They are "peace harmers." You see, this is where this program is helpful because previously I thought they were opinions.

So, what we do is order one of these purple plastic bracelets, which I did, and every time we complain we move the bracelet from one wrist to the other.

This is supposed to train us not to complain any

more, which sounds easy but it's actually really hard. You see? That was complaining. I have to move my bracelet.

A woman on the TV program said that she managed not to complain for a month. Unfortunately, her husband told her she was no fun. It didn't say if she was fun before that. Some people aren't. Wait. Is that complaining? I have to move the bracelet. But maybe it's just telling the truth. I should move it back. This is complicated. Shoot. I have to move it again.

This is making me nuts. Shoot. Other wrist. And, isn't complaining sometimes "peace enhancing"? Letting off steam is all that gets us through some of life's trickiest situations, like driving in traffic or attending family gatherings. At least without police intervention.

I'm moving the bracelet. To the trash bin. But it's amazing how well that thing worked. I feel more peaceful already.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

#### BookPicks

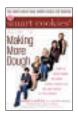
#### The Smart Cookies' Guide to **Making More Dough**

Authors: Andrea Baxter, Angela Self, Katie Dunsworth, Robyn Gunn and Sandra Hanna with Jennifer Barrett

Publisher: Random House Price: \$29.99 (Hardcover)

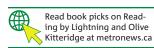
Female financial fivesome The Smart Cookies who appear on their own eponymous show on W Network and write a regular col-

umn in Metro have broadened their portfolio with a book for maximizing your income. Joined



by Newsweek editor Jennifer Barrett, the group covers a variety of topics in the social spending and financial planning realms. The group continues to delve into controlled spending, proper investment practices and understanding property value. Conversational but correct, The Smart Cookies' guide lives up to their saavy and sweet name.

Brian Coulton/for Metro Canada



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#### critics'corner—

# The Cho Show Enough, already. The world does not need another "daysin-the-life of" series. Nothing against Margaret Cho; she's still a funny lady with an interesting take on life, the universe and everything. But wouldn't you rather watch her do a standup routine than sit through the mundanities of her offstage life? Unless you're gung-ho for Cho, this show is a no. 11 PM on COM



#### Heroes

Seeing a future where nearly everyone has abilities, a world destined for destruction, Peter (Milo Ventimiglia) resolves to prevent this earth-shattering end — whatever the cost — and takes on a dark, unwieldy ability to save the world. Meanwhile, after Hiro and Ando (Masi Oka, James Kyson Lee) allow Angela's (Cristine Rose) half of "the formula" to be stolen, they set or uncover the identity of the villain who hired Daphne (Brea Grant). 10 PM on CICT



#### Stern marries longtime girlfriend

Radio shock jock Howard Stern and his longtime girlfriend Beth Ostrosky were married in New York City on Friday night, according to guests who attended the celebration. PEOPLE.COM

#### **Celebrity Buzz**

## Miller getting over her fears

conquered her phobia of watching herself on screen, femalefirst.co.uk reports.

"I used to be a lot more uncomfortable watching myself on screen," the actress says. "You just have to relate it to when you hear your voice back/ on a tape machine and go, 'Oh God!' Multithat ply about 10,000 when vou're watching yourself on big screen. Now

I try and be

a lot more

CELEBRITY Sienna Miller has objective. There are certain bits that you look at and go, 'Eugh!' but I think it's almost more narcissistic to be like that. I'm trying to see it as a collaborative piece of work.'

Miller also said she has no intention of slowing down, and intends to star in as many movies as possible. "So everything is

busy at the moment, and fortunately I seem to have limitless amounts of energy," she says. "I don't know how I do it, but I just keep going." **METRO NEWS** 

SERVICES

#### Halliwell wants a baby

FAMILY Geri Halliwell wants a baby with her dancer boyfriend, femalefirst.co.uk reports.

The former Spice Girl, who already has two-yearold daughter Bluebell Madonna with scriptwriter Sacha Gervasi, is keen to have a child with Ivan "Flipz" Velez, but

reportedly prepared to be single mother again if their relationship ends.

"She wants a secchild 🦞 ond soon and says that if she falls pregnant with Flipz then it wouldn't be a problem," a source

says. "At the moment they are besotted with each other and Flipz is keen on having a child with her."

Halliwell, who began dating Velez after he worked as a backing dancer on the Spice Girls reunion tour, is confident her beau will make a great father because he has bonded so well with

Bluebell.

"He wants to be a permanent fixture in her life and Geri loves the fact he gets on so well with Bluebell," the source added. "She's got a perfect family unit

and a baby would be the icing on the cake. **METRO NEWS** 

SERVICES

#### celebrity briefs

#### McConaughey's new clothing line

**FASHION** Actor Matthew McConaughey has just launched a brand-new online store for his clothing line j.k. livin, People.com reports. The name takes its inspiration from McConaughey's 1993 film Dazed and Confused, while his father is the man stenciled into the line's logo. Jklivinstore.com has apparel for men and women, including sweatshirts and T-shirts, as well

as accessories, infant onesies and even frisbees and

#### wristbands. METRO SERVICES

#### **Hurley a country** gal at heart

LIFESTYLE Elizabeth Hurley has gone country, people.com reports.

Inspired by her life with husband Arun Nayar and son Damian, 6, on their bio-dynamic farm in the English countryside, the actress-model, 43, tells People, she is "developing a line of products ... with a view that they're not only going to be healthy, because they're organic, but I'm obsessed that women find alternatives to eat which are low in fat."

She says her organic farm produces low-fat products, which may help reduce the risk of breast cancer. METRO NEWS SERVICES

#### "This makes no sense at all..."

by Joe O'Neill

ne of the more inspiring ongoing sagas of modern times is the valiant struggle of ex-Spice Girl **Geri Halliwell** to remain somewhat relevant.

The latest news finds the utterly talent-deprived gorgon in the news for, uh, maybe wanting to have a baby with her kind-of boyfriend who's also a good dancer.

OK, Geri, I get that you think this **"Flipz"** guy will make a great parent because he "bonds" so well with the unfortunately named child you already had with old Whathisnamewhocares, but maybe you and the Flipster should start with something that isn't a living, breathing, human being as a token of how much you sort of dig each other. Like, say, buttock tattoos of one other's names rendered in Chinese characters.

What's that you say? Tattoos aren't quite the "icing on the cake" that a baby is?

Well, you've got me there, but I tend to think you'd be better off actually being physically ground into a granular paste, spread on a bunt cake, and eaten by Hannibal Lecter, than being the child of any parent egocentric enough to speak of you as icing on her cake.

Especially if her name is Geri and she makes you listen to her old CDs. NEWSDESK@METRONEWS.CA

#### Pink's dating drought

**DATING** Pink "never" goes on dates, femalefirst.co.uk reports. The singer, who



year, prefers to meet men in less pressurized situa-

"I meet boys all over the place. It's just that I don't ever go on dates. I have never been on a date. I don't believe in that, it has to be organic. A barbecue, a show or whatever. I have never met anybody in a bar," she says.

However, Pink also revealed she has a number of friends who are attempting to persuade her to start dating. "Lately I have been hearing from a lot of people, like married couples, who have met in a bar," she says. "I'm always amazed. So maybe that is where I am going wrong."

METRO NEWS SERVICES

**Baron Cohen strikes again** latest stunt at the Ic De Comedian Sacha Baron Cohen was ejected Castebajac show — scenes

comedy.

from a catwalk show during Paris Fashion Week in France on Friday, after climbing on stage and attempting to slip a note to the models, imdb.com re-

Cohen is filming scenes for his new movie Brüno: Delicious Journeys Through America for the

Heterosexual Males Visibly Uncomfortable in the Presence of a Gay Foreigner in a Mesh T-Shirt.

camp ego Bruno, he attempted carry

Purpose of Making Dressed as his alter

is his fourth attempt to disrupt a fashion show. Dressed as Bruno, Cohen twice crashed shows at Madrid Fashion Week in Spain and was also thrown out of a show in Milan, Italy last week after storming the runway and strutting along the catwalk prompting organizers to

which are suspected to fea-

ture in his forthcoming

when the models and audi-

ence ignored his presence

and continued despite the

disturbance. Staff prompt-

ly ejected Cohen, in what

But he suffered a setback

call the police. **METRO NEWS** 

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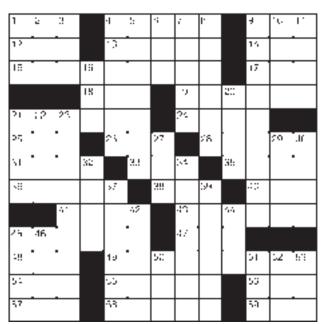






#### entertainment **15**

#### **Take Five**



#### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4		1	3	2		9	
3								8
		2				6		
9	8		2		7		6	1
				4				
4	5		9		8		3	2
		1				9		
5								6
	6		8	7	5		1	

#### **Crossword across**

1 Fizzle 4 Senior moments? 9 Earl Grey, e.g. 12 Swiss canton 13 Pass the baton 14 Peruke 15 Stand-up comic's repertoire 17 Raw rock 18 Peron or Gabor 19 Puts into words 21 Honour

25 "Go, team!" 26 Roman X 28 Impersonate 31 Occupant of a pink nursery

33 Pooch 35 Carthaginian queen 36 Slumber 38 Vacillate

40 "Smoking or 41 Dumbo's "wings" 43 Ungracefully 24 Half (Pref.) tall and thin

45 Marionette 47 Moviecataloguing org. 48 Rd. 49 Poker player's

bluff 54 Meadow 55 Golfer Palmer, to fans 56 Schuss

57 Consume 58 Frankfurter side dish 59 Storm center

#### **Crossword down**

1 Pair 2 Samovar 3 Conk out 4 Hedge shrub 5 Changed the title 6 Bullring bravo

7 Swampy area 8 Method 9 Being unfaithful to

10 Leprechauns' land 11 Quite some time 16 Sheltered side 20 Surrounded by

21 Work units 22 Take to the lake 23 Win after win after win

27 Present

29 Pedestal occupant

30 Rabbit

32 Bound

34 First man in space 37 Quick-to-build house

39 Blunders

42 Mall unit

44 Zero 45 Ashen

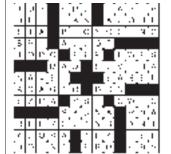
46 Layer of 59-Across

50 Italian article

51 Work with 52 Firmament

53 Waste no time

#### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



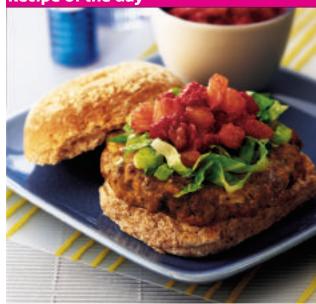
	1 2	4	5	8	9	7	6
6	7 4	3	2	9	8	5	1
8 5	5 9	1	7	6	4	2	3
1 6	6 8	2	4	5	7	3	9
5 2	2 7	9	6	3	1	8	4
9 4	4 3	7	8	1	2	6	5
2 3	3 5	8	9	4	6	1	7
7 9	9 1	6	3	2	5	4	8
4 8	8 6	5	1	7	3	9	2

#### Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	
Under 13 minGer	nius
13-17 minSch	olar

17-21 minSmart	
21-25 minNot bad	
25+ minKeep practising	

#### Recipe of the day



#### Lamb burgers with fruit relish

#### INGREDIENTS:

1 lb (500 g) lean ground lamb 1 medium carrot, peeled and grated

1 small onion, finely chopped 1/2 cup (125 mL) fresh wholewheat bread crumbs Pinch of freshly grated nutmeg 2 tsp (10 mL) fresh thyme leaves or 1 tsp (5 mL) dried

1 large egg, beaten 2 tsp (10 mL) olive oil 4 whole-wheat English muffins Salt and pepper Shredded lettuce to garnish

#### **RELISH:** 1 orange

thyme

1/2 cup (125 mL) fresh or thawed frozen raspberries 2 tsp (10 mL) sugar

#### **METHOD:**

1. Preheat barbecue or oven broiler. Put lamb into large bowl. Add carrot, onion, bread crumbs, nutmeg and thyme, and season with salt and pepper. Mix well. Add egg and mix

ingredients with your hands. 2. Divide mixture into 4 patties. Brush both sides of burgers with oil, then cook for 4 to 5 minutes per side. 3. For relish, cut peel and pith from orange with a sharp knife, and holding it over a bowl to catch juice, cut between membranes to release segments. Roughly chop segments and add them to juice. Add raspberries and sugar, lightly crushing fruit with fork to mix.

4. Split English muffins and toast lightly. Put a lamb burger on each muffin, add lettuce to garnish and a spoonful of relish. Serve with remaining rel-

#### **SERVES 4**

#### rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check Reader's Digest, on



**AVATAR VENUS** 

#### **Horoscopes**

#### **ARIES MARCH 21-APRIL 20**

A persistent suitor rises above difficulties. Disturbing news arrives about misfortune. A daring adventure will be suggest-

#### **LIBRA**

**SEPT 23-OCT 23** Stay at home and have second thoughts. The best policy is to count your blessings and let sleeping dogs lie. An older woman will remind you of a promise.

#### **TAURUS** APRIL 21-MAY 21

Manage your talents well to contribute to your future. Crazy-making regulations must be changed. Strong friends are best for what ails you.

#### **SCORPIO**

**OCT 24-NOV 22** 

A fantasy comes true in a love affair. Turn the other cheek when something said in secret gets back to you. Sympathy will lead to a long chat.

#### **GEMINI MAY 22-JUNE 21**

Think twice before leaping into the unknown. You'll be vindicated by someone who cares. Don't expect to be told what to

#### **SAGITTARIUS NOV 23-DEC 21**

( M,

Meeting a tense friend changes your attitude. Lucid objections will be raised. Accept an offer that bails you out of a bad situa-

#### **CANCER** JUNE 22-JULY 22

If you start a commotion, good ideas will flow. Speak carefully when confronted by a quirky person. Change a relationship with a bad guy.

#### **CAPRICORN DEC 22-JAN 20**

Negative thoughts will inhibit actions. Don't deny past adventures due to fear. Thoughtfulness will touch your heart.

#### **LEO JULY 23-AUG 23**

A frantic guy will become comical. An explanation for poor conduct will be found. A loser is looking for love.

#### **AQUARIUS JAN 21-FEB 18**

Give something away to have a happy time. This is the perfect day to heal old wounds. Merriment will cause your concentration to falter.

#### **VIRGO** AUG 24-SEPT 22

Time will tell if the truth has been told. Face your fear to let go of your inhibitions. People will come forward with practical help.

#### **PISCES**

FEB 19-MARCH 20

You'll run into a past love. Secret messages will be received. Common sense is a good alternative to being anxious.

#### WORDY GURDY For the real contract, particular to the test of the real contract of th ). Kand abit bereich von erpfelielig in in y Stingstein was fig Peors Mason 1

This day in history

OCT. 6, 1582: Due to the implementation of the Gregorian calendar, this day is skipped in Italy, Poland, Portugal and Spain. OCT. 6, 1600: Jacopo Peri's Euridice, the earliest surviving opera, premieres in Florence, signifying the beginning of the Baroque Pe-

OCT. 6, 1683: William Penn brings 13 German immigrant families to the colony of Pennsylvania, marking the first German people to immigrate to America.

OCT. 6, 1908: Austria annexes Bosnia and Herzegovina. OCT. 6, 1966: LSD is declared illegal in the United States.

OCT. 6, 2000: Yugoslav president Slobodan Milošević resigns.

METRO NEWS SERVICES



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SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday; BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+



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